

# Senior Nutrition

# Central District Health Department

## The Meal Times

Back Issues of this publication  
are available on our website:  
[cdhd.idaho.gov](http://cdhd.idaho.gov)

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## On The Road With Meals On Wheels

Keep your eyes peeled for two new vehicles on the road for Meals On Wheels in the community – they're the recently purchased Mealstar HCF (hot/cold/frozen) trucks.

"The acquisition of the new delivery trucks enables Meals On Wheels to be more efficient and to expand our direct meal delivery service," said Angela Spain, Senior Nutrition Program Manager.



Each truck can hold up to 360 meals at a time. Hot and cold items can be loaded into their respective compartments thus eliminating the time-consuming loading and unloading of ice chests.

"We were able to purchase the two vehicles from three different sources of funding," said Spain. "We received a phenomenal number of monetary donations from the community through a direct mail piece; a Central District Health Department capital investment and money raised from our annual Culinary Walk-About event."

In an effort to help sustain the program, Meals On Wheels instituted a novel advertising campaign by allowing local businesses to advertise on the side of the new vehicles.

"It's a great win-win for the program and the businesses," said Spain. "Our vehicles travel over 300 miles a day and are seen by thousands of consumers," she said. Current advertisers include **Trinity Home Mortgage; Capital Educators Federal Credit Union; Paige Mechanical Group; Boise Co-Op, Next Gen Vending; and Cheap House Payments.**

For more information about how your business can advertise with Meals On Wheels, please call 327-7460.

**Our Mission Statement:** To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.





## SENIOR NUTRITION PROGRAM

**Meals On Wheels**  
707 N Armstrong Pl  
Boise ID 83704 • 327-7460

**Angela Spain**  
Program Manager  
327-8544

**Cheryl Johnson**  
Comm. Meals Services Supervisor  
327-8552

**Norma Russell**  
Administrative Assistant  
327-7460

**Jennifer Bourff**  
Administrative Assistant  
327-7460

### DINING SITE LOCATIONS:

*(Meals served at noon)*

Star Senior Center  
Wed & Fri  
102 S. Main Street  
Star, ID 83669  
286-7943

Garden City Senior Center  
Wed & Fri  
3858 Reed  
Garden City, ID 83714  
336-8122

Mt. Home Senior Center  
Mon, Wed, Fri  
1000 N. 3rd, East  
Mt. Home, ID 83647  
587-4562

Glenns Ferry Senior Center  
Mon, Tue, Thu  
510 E. Cleveland  
Glenns Ferry, ID 83623  
366-2051

Boise Senior Center  
Mon thru Fri  
690 Robbins Rd.  
Boise, ID 83702  
345-9921

Kuna Senior Center  
Mon, Wed, Fri  
299 Avenue B  
Kuna, ID 83634  
922-9714

Meridian Senior Center  
Mon thru Fri  
133 Broadway  
Meridian, ID 83642  
888-5555

Samaritan Village Apts.  
Mon thru Fri  
3350 Collister  
Boise, ID 83703  
343-9504

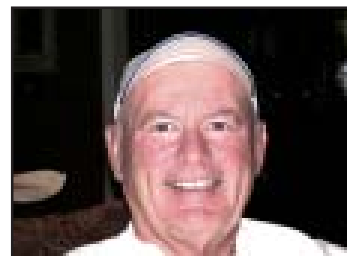
Northgate Senior Village  
Mon thru Fri  
5901 Ellens Ferry Way  
Boise, ID 83703  
853-8448

Eagle Senior Center  
Tues & Thurs  
312 E. State St.  
Eagle, ID 83616  
939-0475

## Volunteer Spotlight | Rudy Wolf

Every other Thursday, Meals On Wheels volunteer, Rudy Wolf of Eagle, spends two hours of his day delivering not one, but two routes in Eagle to approximately 23 to 25 clients.

Rudy has been an active volunteer since January 2002. He delivered meals on the St. Mike's route for approximately three years and has spent the past two years delivering to clients in Eagle.

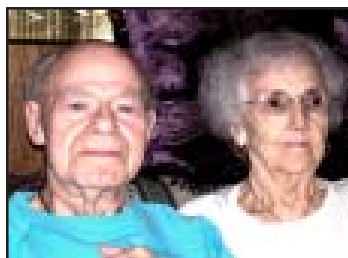


Rudy Wolf

"After retiring a number of years ago, I wanted to volunteer for an organization that directly had an impact on those I helped," he said. "I had been familiar with the Meals On Wheels program for a long time, so when I retired I made the conscious decision and effort to focus my attention on the program."

Rudy says he gets great satisfaction in delivering for the program. "The participants are so grateful to receive a meal. So many of them are incapable of leaving their home or even preparing their own meals. They have a lot of struggles. It's a good feeling knowing I can help them," he said.

## Recipient Spotlight | Frances & Mary Hess



Frances & Mary Hess

Receiving Meals On Wheels has been a real blessing according to client Mary Hess of Eagle. "My husband Frances and I first received the meals when I fell and broke both my feet," she said. "Since we both use walkers, the program is great for folks like us who can't get around so well."

Frances age 90, and Mary who will be 85 in November, said they still manage to cook sometimes, but having meals delivered twice a week really helps them out. "The food really tastes good. We also like the variety and the portions are plentiful. We also know they're nutritious for us," she said.

According to Mary, they both really enjoy the short visits from the volunteer drivers who deliver their meals. "They're always so jovial and always have a smile on their faces," Mary said.

## Working at the Car Wash

The Meals On Wheels program would like to thank the youth of Foothills Christian Church for their generous donation of time in staging a car wash to benefit Meals On Wheels in August. The group raised \$210.25 during the three-hour event, which in turn provided 70 meals for seniors on the program.



# Thank You For Your Donations!

Donations are from June to September 2007

A to Z Sprinklers Inc  
Jim Adams  
Charles or Tiffany Albanese  
Lorraine Andre  
Charles Armstrong  
Martin or Mary Ann Artis  
William or Irene Barak  
James or Dollie Barbour  
Richard Barger  
Catherine Barney  
Margaret or Lawrence  
Barningham  
Devon or Willadean Beer  
Stanley or Ann Bell  
Janet Bell  
Lisa Beschere  
Eugene or Angela Bickley  
John or Catherine Bishop  
John or Jacqueline Blake  
Linda Blessinger  
Donald or Sharon Bosley  
Virginia Bublit  
Lorraine Buchwitz  
Douglas or Mindy Bullock  
Russell or Janet Buschert  
David or Marilyn Carmen  
James or Elizabeth Carmody  
R L Cherry  
Edward or Arita Cleary  
Bruce or Roberta Cleveland  
John or Kathryn Combs  
Barbara or Larry Cooley  
Delbert or Betty Coon

Cleveland or Heather  
Corder  
Raymon or Ruth David  
Maryellen Dawley  
Norma Dawson  
Brian or Wendy  
DenHerder  
Diane Diaz  
Devin or Donna Dodd  
Michael or Sharon Doughty  
Bill Douglas  
Dorothy Dreyer  
Foothills Christian Church  
Randy or Teresa Forde  
Fraternal Order of Eagles  
Harry or Beverly Fritchman  
Genesis For Life/Anytime  
Fitness  
Michael or Marie Gillespie  
Richard Glazer  
Roger Graham  
Curtis or Sandra Haines  
Lew or Kathy Hammers  
Terry Harper  
Walter or Patsy Haught  
Terrie Havis  
Beth Hedrick  
Donald Howell  
Doris Huffman  
Idaho Central Credit Union  
Joan Jenson  
Vernon or Evelyn Jones  
Laird Justin

David or Karen Kapral  
Barbara Kirkpatrick  
Cynthia Kowalczyk  
Susan Lafond  
Tim or Mary Beth Lamott  
MarCon, Inc.  
Normie or Brenda Marcum  
Dorothy Martindale  
William or Kerrie Mattravers  
Joseph or Leone McGrane  
Warren or Janice McKendree  
Helen McLaughlin  
Steve or Denise Mehlberg  
Sondra Miller  
Bradly or Nicole Mitchell  
Tom or Beatrice Most  
Gary or Nancy Nelson  
Nextgen Vending  
Glenn Overacre  
Polly Parmelee  
Willard or Dora Payne  
Ella Peterson  
Nancy Phillips  
George or Sharron Presley  
Project KOPEG  
Race to Robie Creek  
Jay or Judy Romlein  
Shane or Sylvia Sapp  
Ronald or Corlis Schellberg  
Hugh or Patricia Schweikert  
Ronald or Carolyn Sharpe  
James or Shirley Smith  
Smokin' Pit BBQ

Lowell Stewart  
Clayton or Sharon Sullivan  
Bill or Hannelore Thibadeau  
Clint or Darlene Travis  
Treasure Valley United Way  
Trebar Inc.  
Ruth Tyler  
Valley View Retirement  
Community  
John or Janice Van Dyck  
Dominic or Tammy Venturi  
John Larry Warner  
C Everne or Mary Ann  
Wartman  
Kathleen Webster  
Wells Fargo Community  
Support Campaign  
Margery or Sumner Whipple  
Wickstrom Ranch  
Michael or Jennifer Willett  
Gary or Linda Willett  
Robert or Kay Wilt  
Winnie Morton Real Estate  
Benjamin or Lois Young  
Marilyn Young

## Thank You

### In Memory Of . . . Kazue Poindexter

Dodds Hayden • Marge Campbell • Dr. Ralph or Brenda Nishitani

### In Memory Of . . . Mary Jorgensen

Bill or Susan Bienapfl

### In Memory Of . . . Burl Kirkpatrick

Barbara Kirkpatrick

## Check Out Our New Website

The Central District Health Department launched a new version of its website on September 4<sup>th</sup> and we think you'll find it a lot easier to get information on the Meals On Wheels program and services of the health department. The address remains the same; [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov), but the navigation is a whole lot easier. In fact, there's a link right on the front page for making donations to the Meals On Wheels program, just click on the 'Donate' tab and it will give you all the options available for supporting this program.

Let us know what you think about the new website. Providing feedback is just a click away on the Senior Nutrition contact page.





# Holiday Volunteers Needed



Volunteers stuff gift bags last Christmas.

**Holiday Gift Bags** — during the holidays, we like to deliver a little something extra to the Meals On Wheels clients. We ask the community, our employees and our Meals On Wheels volunteers to help fill gift bags with little things that will help to brighten the holidays for seniors. Here are some of the items that might go in the bags:

- Sample or hotel-size hand lotion, shampoo or conditioner
- Postage stamps, stationary and cards
- Lip balm
- Small travel size packages of tissue
- Individually packaged candies
- Ornaments
- Individually packaged tea or hot cocoa
- Individually packaged food items such as oatmeal, soup, fruit cups, granola bars, etc.
- Candy canes

The gifts need to be dropped off at the Central District Health Department office before the close of business on Wednesday, December 14, 2007.

**Holiday Gift Bag Assembly Helpers** – We will also need volunteers December 18 & 19 from 8 a.m. to noon, to assemble the above items into small gift bags that will be delivered to Meals On Wheels clients just before Christmas.

**Christmas Day Delivery Drivers** – This year, the Meals On Wheels program is delivering hot Roast Beef Christmas dinners on Tuesday, December 25<sup>th</sup>. We need volunteers to deliver meals starting at noon. The route will include an average of 1-3 meals.

For more information or to sign up for one of these exciting volunteer opportunities, contact **Cheryl Johnson**, Community Meal Services Supervisor at **327-8552**.

## Coins That Care

The Meals On Wheels program recently partnered with Idaho Central Credit Union (ICCU) through its "Coins That Care" program and was the recipient of a donation of \$520.

Coins That Care tokens were given to ICCU members every time they brought coins in to be run through the coin counting machines for deposit to their accounts. Members then voted for the nonprofit organization they would like to see Idaho Central donate to by dropping their coin in one of two containers at each branch. The program is designed to bring attention and exposure to small, but meaningful organizations in local communities.



Lori Gull, Manager of the Idaho Central Credit Union at 10990 Fairview Avenue, presents Angela Spain, Senior Nutrition Program Manager, with a check for \$520 for the Meals On Wheels program.



## Volunteer Thank You

The Senior Nutrition staff were happy to meet, greet and serve Meals On Wheels volunteers and their family members at the first annual appreciation BBQ held in August.

The event was held to honor volunteers for all the volunteer work they perform for the program during the year. In addition to serving food, prizes were given out to the volunteers.

A big thank you goes to the Senior Nutrition staff who participated in the event: Alma Calhoun, Joan Blunk, Jennifer Bartelt, Jennifer Bourff, Cheryl Johnson, Angela Spain, and Central District Health Department Deputy Director, Cindy Trail



MOW Volunteers line up for food at the Volunteer BBQ

## Spinning For Meals On Wheels



Angela Spain, Senior Nutrition Program Manager, prepares to ride in the Third Annual Tour De Boise.

Cyclists lined up to bike, eat and help Meals On Wheels, at the third annual Tour de Boise bicycle tour held July 8th.

Meals On Wheels was the recipient of the proceeds this year and received \$3,300. The event was hosted by the Boise Co-op and sponsored by Wachovia Securities.

"It was a fun event and we appreciate being the recipient this year," said Angela Spain, Senior Nutrition Program Manager, who also rode in the event.

"We also want to thank all the volunteers from Meals On Wheels, Central District Health Department and the community who helped make this big event such a success," she said.



Meals On Wheels volunteers, Maria Minicucci and Claire Lowrie talk with Michael Ferguson, before hopping on their bikes to ride in the Tour De Boise bike tour.





Central District Health Department  
Senior Nutrition  
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Boise, ID 83704-0825

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## Save The Date

### 11th Annual Culinary Walk-About is April 10th, 2008

It's time to mark your calendar for the Treasure Valley's favorite events. The 11<sup>th</sup> Annual Culinary Walk-About will be held Thursday, April 10<sup>th</sup> from 6-9 p.m. at the Boise Centre on the Grove.

"This year we're limiting entry to the event to **only 700 participants**," said Angela Spain, Senior Nutrition Program Manager. "We've also added a terrific raffle prize donated by Tamarack Resort valued at \$950!" All those who purchase a ticket before March 20, 2008 will be entered to win the Tamarack prize, but must be present to win. The package provides a two night stay at the Lodge at Osprey Meadows, a \$100 meal allowance at Morels restaurant and the choice of a round of golf for two or a Zipline tour for two.

The culinary event allows guests to "walk about" and enjoy delectable specialties from some of the Treasure Valley's finest restaurants. The cuisine ranges from appetizers, main dishes and salads to desserts and coffee.

"This year we plan to add beer and wine tasting as well as having a few more high-end restaurants join us for the event," said Spain.

Tickets will be \$50 per person. A public table of 10 can be purchased for the reduced price of \$450 if purchased by March 20, 2008. Corporate sponsorships are \$500, \$750 and \$1,000 for a table of 10. For more information, call the Meals On Wheels office at 327-7460.

